

In the Claims

1-10 (cancelled)

11. (newly added) A method of providing variable stroke exercise movement on an elliptical exercise machine of the type having a frame, left and right cranks supported at one end of the frame and rotatable relative thereto about a common crank axis, and left and right foot supporting links having respective first portions movably connected to respective cranks and respective second portions movably connected to the frame in a manner that links rotation of the cranks to generally elliptical movement of the foot supporting links, comprising the step of:

at least once per revolution of the cranks, adjusting a crank diameter defined between the cranks.

12. (newly added) A method of providing variable stroke exercise movement on an elliptical exercise machine of the type having a frame, left and right cranks supported at one end of the frame and rotatable relative thereto about a common crank axis, and left and right foot supporting links having respective first portions movably connected to respective cranks and respective second portions movably connected to the frame in a manner that links rotation of the cranks to generally elliptical movement of the foot supporting links, comprising the step of:

adjusting a crank diameter defined between the cranks in direct proportion to rotational velocity of the cranks.